

Help for Students

Some life situations can negatively impact a child's ability to be successful in school. Divorce, loss of a parent's employment, relationship issues, initial use of alcohol/other drugs and more can indicate the need for a child to talk to a professional. Students attending Grosse Pointe Schools have the opportunity to meet with a credentialed professional, located in Grosse Pointe Woods, to assess the concern and receive help if needed. ALL PEOPLE need help at some time in their lives and the earlier a problem is identified, the more positive the outcome. Free assessments can be scheduled by calling 313.332.0972.



Teens Talk, Adults Listen

Honest discussion shed light on tough issues as teens from Grosse Pointe High Schools and private schools participated in a recent panel discussion, *"In the Voice of Our teens, A Dialogue Supporting Resiliency."* In particular the use of alcohol and other drugs by students might have been an eye opener for some adults when students shared that "everyone does it (drink)." Other noteworthy comments were shared:

- ◆ While marijuana is viewed as less harmful since the medical marijuana law passed, alcohol is still the drug of choice.
- ◆ The pressure to be successful, in a community that values academic achievement, is very strong.
- ◆ It is important to have a safe person to talk to; it helps to deal with stress.
- ◆ Bullying occurs much more on social networking sites than it does face-to-face.

This session was part of a 4 part series sponsored by the Family Center, CARE of Southeastern Michigan, Beaumont Health Coalition and SERVE of Grosse Pointe Schools. For more information visit www.thefamilycenter.org



Photo by: Renee Landuyt

Teens Think they are Invincible...and Parents think so, too.

Could it be that parents think their children are invincible? Why else would they let them attend parties where alcohol is served to them? Why else would they send their kids off to unsupervised sunny spots where alcohol is readily available? Why else would parents not follow through on treatment goals when depression, use of alcohol or other drugs, or mental health condition is identified?

The June 1, 2011 Time Magazine explores optimism bias. Briefly, the bias says that people are optimistic about the future and think that only good things will happen. This is in spite of making bad choices or living on the edge. Overly positive assumptions can "make it less likely to get health checkups, apply sunscreen or open a savings account." I think this also applies to the way that we parent our children.

- We don't make sure our kids do their homework but expect that they will be college graduates.
- We feed our kids junk but expect that they will be healthy adults.
- We don't treat our children with respect but expect that they will treat us with respect.

We send our teens off for spring break, allow them to drink, and don't follow through on treatment needs but expect that they will not become alcoholic or other drug addicted, die from alcohol/drug poisoning, or become maimed in a drunk/drugged driving accident. O.k., o.k., I am a realist.

Kathy Rager
President/CEO
CARE of Southeastern Michigan



🔥 Hot Sheets 🔥

CARE of Southeastern Michigan gathers and distributes current resource information for the Hot Sheets. If you have an event or a resource (no fundraisers, please) you would like to add to an upcoming Hot Sheet email the information to krager@careofsem.com. Information may be edited for space. Want to join the mailing list? Email hbattaglia@careofsem.com. Hot Sheets can also be found at www.careofsem.com/hot_sheets.html.

In Your Community

Logging In: College and Career Access

Wed. October 26 from 6:30-8:30pm. Grosse Pointe North High School - Computer Lab, B116. Workshop limited to 30 spots (student & parent may use 1 lab computer) Free. RSVP by October 24. Register online www.familycenterweb.org or call 313.432.3832

College Transitions: The College Admissions Process for Students with a Disability

Thurs. November 17 from 7:00-8:30 pm. Barnes Early Childhood Center, 20090 Morningside Dr., Grosse Pointe Woods. Free. RSVP by October 31. Register online at www.familycenterweb.org or call 313.432.3832.

Project IMPACT: Building Blocks for Success

Program objectives are to address obstacles a teen may face in his/her daily life. Series consists of four - two hour sessions. Tuesdays from Nov. 1 ~ Nov. 22 from 4:00pm to 6:00pm. Free. Held at CARE of Southeastern Michigan Grosse Pointe Woods Office, 21012 Mack Avenue, Grosse Pointe Woods. To register call 586.541.0033 or online at www.careofsem.com.

Project FOCUS Youth Support Fall/Winter Camp

Are you concerned about a family member's use of alcohol or other drugs? Do you have a family member in recovery or are in recovery yourself? A FREE support program for parents, caregivers, and youth ages 6-15. Nov. 21, Dec. 12, Jan. 9, Feb. 13, March 19 and April 16 from 6:00 - 8:00 pm. First Presbyterian Church, Mt. Clemens. FREE pizza dinners. FREE Childcare available for children ages 3-5 years old. Call for more information and to receive a registration packet. 586.541.0033 or visit www.careofsem.com.

Letter received at CARE in May, 2011

To whom it may concern:

I am writing to thank you for your newsletter. What caught my attention was the article about the consequences of underage drinking. In 2009 my son, age 13 years old, died in a field of hypothermia after he drank a fifth of vodka. He got the vodka from a man who got 30 days in jail for providing it to minors! My daughter is having a hard time and is seeing a counselor. Again, thank you for your article and maybe if a child reads it, it might save one of them.

Harper Woods Community Coalition Involvement Spurs Success

2011 – 2012 School Year Principal Goals:

- Strengthen the bond between youths and adults
- Build the necessary skills for youth to become mature adults
- Provide opportunities for youth to have meaningful involvement in the community
- Provide youth recognition for their involvement in the community
- Communicate and model healthy beliefs through clear community standards

Meeting Dates:

Thursdays at 2:00 pm – Harper Woods Secondary School – Community Room. October 13th, November 17th, December 15th, January 19th, February 16th, March 15th, April 19th, May 17th, and June 7th. For more information: Contact Anne Nearhood – CARE Community Organizer at 313.332.0972 or anearhood@careofsem.com.

Drug-Related Deaths Outnumber Traffic Fatalities

Government data shows drug-related deaths now outnumber traffic fatalities in the United States. According to the Centers of Disease Control and Prevention, 37,485 people nation wide died from drug consumption in 2009, compared to 36,284 who died in traffic accidents.

Prescription pain and anxiety drugs now cause more deaths than cocaine and heroin combined.

Low cost broadband access and computer purchase program available to low income students



Comcast recently announced a program to help bridge the digital divide for low income students. Families who qualify for free lunches can get internet access for \$9.95/month or purchase a low cost computer for \$149. For more information visit:

<http://www.internetessentials.com/about/index.html>

CARE is dedicated to the prevention of alcohol, tobacco and other drug use. Program funding is provided by The Southeast Michigan Community Alliance (SEMCA), The Conference of Eastern Wayne and Wayne County 2011 Pass Grant.

21012 Mack Avenue
Grosse Pointe Woods, MI 48236
Phone: 313.332.0972
Fax: 313.469.6956
www.caresofsem.com

31900 Utica Road
Fraser, MI 48026
Phone: 586.541.2273
Fax: 586.541.2274
www.careofsem.com

Main Office Hours:
M, T, TH: 8:30 am - 9:00 pm
W & F: 8:30 am - 5:00 pm
Grosse Pointe Office Hours Vary